

more whole grains, vegetables, and fruits, and less fat and sodium. These changes represent the first major revision to school meal requirements in more than 15 years, and they come on the heels of recent updates to the Federal Government's Dietary Guidelines for Americans. To commemorate the healthy choices families, schools, and communities are making in kitchens across America, the First Lady was proud to host the first Kids' "State Dinner" this summer, which welcomed 54 young chefs to the White House for a formal luncheon to celebrate their commitment to healthy, affordable recipes. To find additional information on how we can solve the problem of childhood obesity within a generation, visit www.LetsMove.gov.

Each of us can play a role in ensuring our children have the opportunity to live long, healthy lives, and by joining together in pursuit of that mission, I am confident we can build a brighter future for America's youth.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 2012 as National Childhood Obesity Awareness Month. I encourage all Americans to learn about and engage in activities that promote healthy eating and greater physical activity by all our Nation's children.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of August, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8853 of August 31, 2012

National Ovarian Cancer Awareness Month, 2012

*By the President of the United States of America
A Proclamation*

This year, thousands of American women will lose their lives to ovarian cancer. They are mothers and daughters, sisters and grandmothers, community members and cherished friends—and the absence they leave in our hearts will be deeply felt forever. During National Ovarian Cancer Awareness Month, we honor those we have lost, show our support for women who bravely carry on the fight, and take action to lessen the tragic toll ovarian cancer takes on families across our Nation.

Sadly, women are all too often diagnosed with this disease when it has already reached an advanced stage. Because early detection is the best defense against ovarian cancer, it is essential that women know the risk factors associated with the disease. Women who are middle-aged or older, who have a family history of ovarian or breast cancer, or who have had certain cancers in the past are at increased risk of developing ovarian cancer. Any woman who thinks she is at risk of ovarian cancer—or who experiences symptoms, including abdominal pain, pressure, or swelling—

should talk with her health care provider. To learn more, visit www.Cancer.gov.

Ongoing progress in science and medicine is moving us forward in the battle against ovarian cancer, and my Administration remains committed to improving outcomes for women suffering from this devastating illness. Through agencies across the Federal Government, we are continuing to invest in research that paves the way for a new generation of tests and treatments. Through the Centers for Disease Control's *Inside Knowledge* campaign, we are working to raise awareness about the signs and symptoms of ovarian cancer. The Affordable Care Act already bans insurance companies from dropping a woman's coverage because she has ovarian cancer, and from placing lifetime or restrictive annual dollar limits on her coverage. Beginning in 2014, the law will also prohibit insurers from denying coverage or charging higher premiums because a woman has ovarian cancer—or any other pre-existing condition.

Ovarian cancer affects the lives of far too many women every year, and the tragedy it leaves in its wake reverberates in communities across our country. This month, we stand with all those who have known the pain of ovarian cancer, and we rededicate ourselves to the pursuit of new and better ways to prevent, detect, and treat this devastating disease.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 2012 as National Ovarian Cancer Awareness Month. I call upon citizens, government agencies, organizations, health care providers, and research institutions to raise ovarian cancer awareness and continue helping Americans live longer, healthier lives. I also urge women across our country to talk to their health care providers and learn more about this disease.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of August, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8854 of August 31, 2012

National Preparedness Month, 2012

By the President of the United States of America
A Proclamation

As thousands of our fellow Americans respond to and recover from the damage done by Hurricane Isaac, we are called to remember that throughout our history, emergencies and natural disasters have tested the fabric of our country. During National Preparedness Month, we renew our commitment to promoting emergency preparedness in homes, businesses, and communities nationwide, and to building an America more ready and resilient than ever before.